

Tips for a Safe Holiday Season!

- Do not drink and drive, use heavy machinery, or combine alcohol with other medications. Alcohol impairs the ability to react, causes drowsiness, and affects judgment. *Three in 10 Americans will be involved in an alcohol-related car accident at some time in their lives.* (NHTSA, 2004)
- People with a family history of alcoholism or a prior history of alcohol abuse are at increased risk of alcoholism. People in recovery from an alcohol-related disorder should not drink. *More than one-half of American adults have direct family experience with alcohol problems. For individuals in recovery from alcohol abuse or dependence, even small amounts of alcohol typically lead to relapse.*
- Pregnant women or women trying to get pregnant should not drink at all. *Alcohol consumption interferes with growth and development of the fetus, causing reduced birth weight, birth defects, learning and behavior disorders.*
- People who are younger than the legal drinking age should not drink.
- Moderate alcohol use by adults - up to two drinks per day for men and one drink per day for women and older people - generally does not result in health problems. However, alcoholism, or alcohol addiction, is a progressive disorder. *In 2004, more than 15 million Americans ages 12 or older were classified as being dependent on or had abused alcohol.* (National Survey on Drug Use and Health, 2004)
- Alcoholism may include the following symptoms:
 - craving - a strong need or urge to drink
 - loss of control - not being able to stop once drinking has begun
 - physical dependence - withdrawal symptoms such as nausea, sweating, and shakiness
 - tolerance - the need to drink greater amounts to get “high” or to experience an altered state of mind

If you or a loved one is struggling with an alcohol-related addiction, consult with a medical doctor about possible treatment options or log onto www.dhhs.state.nh.us/DHHS/ATODTREATMENT and look for our Resource Guide.

**For more information call
800-804-0909**

Source: American Psychiatric Association, November 23, 2005

FACT SHEET

Alcohol, Tobacco and Other Drug Abuse Clearinghouse

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